

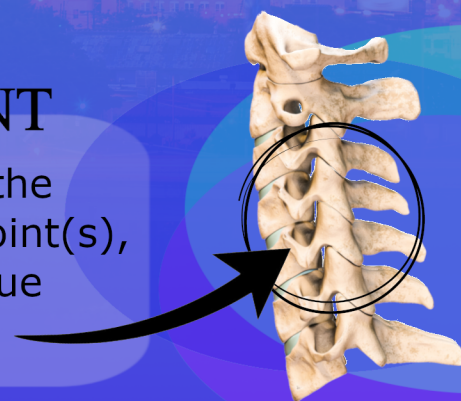


LIFESTYLE

PHYSIO & WELLNESS

CERVICAL FACET IMPINGEMENT

What is it?... Mechanical restriction inside the cervical spine zygapophyseal, or "facet", joint(s), caused by entrapment of connective tissue membranes called menisci.^{1,2}



Signs & Symptoms

- Deep, pin-point neck pain
- Stiff and restricted head & neck movement
- May occur due to abnormal sleep postures, or rapid head movements



Treatment Approaches

- Hands-on joint mobilizations and/or traction provided by your healthcare practitioner
- Active neck movement within pain-free range
- Light Isometrics
- Heating pad for muscle relaxation and symptom management

